

ANNOUNCING



An Exciting Educational Exhibit for K-4 Students

Schedule NOW for School Year 2006 – 2007!

**Body Walk Helps Students Learn To
EAT SMART. PLAY HARD.**

- It's a great opportunity for students to learn about the importance of making healthy food choices and being physically active.
- It's an exciting tour of the human body featuring engaging, experiential educational activities.
- It's a 50 by 50-foot partially enclosed walk-through exhibit available to come to **YOUR SCHOOL.**

The Body Walk Experience

Students tour the human body exhibit. At each of Body Walk's ten stations, a volunteer presenter engages the students in a five-minute activity focused on healthy choices. The tour begins when students, in groups of eight to ten, walk through a giant ear into the brain. Inside the huge brain dome, students experience "brain waves" and learn about brain function. After they leave the brain, the students are each given a tag designating them as a food, such as a carrot, hamburger or piece of cheese. The "foods" step into the exhibit's larger-than life mouth, are "swallowed" through the esophagus tunnel and move into the stomach dome. From the stomach, the students travel through the small intestine where they are "absorbed" into the blood. Then they follow the path of nutrients to the heart, lung, bone, muscle and skin stations. Students leave the body through a cut in the skin and proceed through the Pathway of Life. This final station recaps key health concepts from each of the nine previous stations. It takes each group of students about an hour to complete the Body Walk tour.



When can Body Walk visit my school?

Please refer to the attached *Body Walk Scheduling Information and Guidelines* for the 2006-2007 school year.

How many students can participate in Body Walk?

A maximum of 500 students can experience Body Walk on a school day.

Can students in grades other than K-4 participate?

Body Walk is not suitable for preschoolers. Fifth grade students may participate if you have a K-5 building and feel it is important to include the 5th graders. Students in 6th, 7th, and 8th grades may NOT participate in Body Walk.

How do I schedule Body Walk?

Complete the *Request to Schedule Body Walk* form.

PLEASE NOTE: Request forms may be emailed, faxed or completed online at www.mofitness.org/BodyWalk/onlinescheduling.htm

What is the cost for Body Walk?

Each school will pay \$1.00 per participating student [maximum of \$175] to help defray the cost of the Body Walk operation. Following the Body Walk visit, the school will receive an invoice from the Body Walk Manager/Driver.



With school budgets so tight, do you have suggestions where we might obtain funding for Body Walk?

- ❖ Students may bring \$.75 to \$1.00 depending on the student enrollment.
- ❖ Local businesses may donate \$50 each; they could be recognized in local news media coverage.
- ❖ The County Extension Service may help cover the cost in some communities.
- ❖ Grants could be written and the grant used to pay the Body Walk fee.

What happens after I complete the Body Walk request form and submit it to the Governor's Council on Physical Fitness and Health?

You will be notified ASAP if your school is scheduled to have the Body Walk exhibit next school year. About four weeks prior to your scheduled Body Walk visit, you will be reminded to view the Body Walk School Manual that includes:

- Responsibilities of the Body Walk school contact person
- Calendar and preparation of volunteers
- Guidelines for recruitment of volunteers
- Classroom activities by grade level for before and after Body Walk
- Suggested school-wide and cafeteria activities to enhance the Body Walk experience
- Resources – websites and sources of free nutrition and physical activity classroom materials
- Sample letters for classroom teachers and sample news media releases
- Instructions and scripts for each volunteer station presenter

About two weeks prior to the Body Walk visit (after you have reviewed the School Manual) the Body Walk Manager will call your school's contact person to discuss the upcoming visit. During this call, set-up time will be confirmed and any questions you have will be answered. We will also request information such as directions to your school.



Does my school have to provide anything for Body Walk?

Each school must provide:

- **A contact person for Body Walk**, who may be a teacher, school administrator, secretary, food service employee, or parent volunteer. The contact person will (1) serve as a liaison between the Body Walk Manager and the school staff, (2) forward Body Walk information to teachers, administrators, food service personnel and volunteers, (3) make all local arrangements, and (4) coordinate all Body Walk activities on the day of the visit (such as escorting classes to and from the exhibit, etc.)
- **Adult and/or high school student volunteers.** Ten volunteers will set up and take down the exhibit. It takes approximately 2½ hours to set up the exhibit and 1½ hours to take it down. At least 2-3 of the volunteers must be capable of lifting items that weigh 30 pounds. Volunteers will also be needed throughout the day to interact with the students in each of the ten Body Walk stations.
- **Adequate space for the 50-foot by 50-foot exhibit to be set up indoors.** “Adequate space” means that there will be at least 5’ on all sides of the exhibit after it is set up. Therefore, the **room must be a minimum of 55 feet x 55 feet.** **PLEASE MEASURE YOUR AVAILABLE SPACE BEFORE REQUESTING BODY WALK.** The exhibit will not be taken down for lunch. If students eat in the same area where the exhibit will be set up, alternate arrangements must be made for lunch (such as picnic outdoors, sack lunches eaten in classrooms, etc.). The exhibit will normally be set up the evening prior to Body Walk. This means the gym or area where it will be set-up must not have other school events scheduled.



What will the Governor's Council provide?

The Governor's Council will provide overall direction and supervision of the Body Walk exhibit. When the Body Walk Manager pulls up to your school's door in the Body Walk truck, he/she will direct the volunteers who set up and take down the exhibit. The manager will also provide a short orientation session for the volunteers who will interact with the students in each Body Walk Station.

What else do I need to know about Body Walk?

Please refer to the *Body Walk Scheduling Information and Guidelines*.

For more information on Body Walk contact:
Body Walk Coordinator
Fitness@dhss.mo.gov



Scheduling Information and Guidelines

1. Refer to the *Body Walk Schedule for 2006-2007* to determine which dates Body Walk will be in your geographic area of the state. Request **ONLY** dates when Body Walk will be in your area. If you request other dates, your request will not be considered.
2. Complete the *Request to Schedule Body Walk* form. **Completion and submission of the form does not guarantee that Body Walk will be scheduled for your school.** Due to widespread interest in the exhibit, we anticipate Body Walk will not be able to visit all schools that request it during the 2006-2007 school year.
3. **DO NOT** send money with the *Request to Schedule Body Walk* form. You will be billed **AFTER** Body Walk visits your school.
4. **Requests to schedule Body Walk will be accepted until the Body Walk calendar is full for the school year.**
5. Because the Body Walk exhibit is a structure that is enclosed, it can be uncomfortably **HOT** inside the exhibit. We suggest that you do **NOT** request Body Walk during months of the year when the temperatures may be warm unless you have air-conditioning in the gym or room where Body Walk will be set up.
6. Small schools **within the same geographic area** may choose to have their students participate in Body Walk **at one location**. Because additional time is generally required when students are from more than one school, the total number of students may not exceed 300.
7. You will be notified as soon as possible if your school is scheduled to have the Body Walk exhibit next school year.

EAT SMART. PLAY HARD.

Schedule for 2006-2007

Governor's Council on Physical Fitness & Health

Body Walk

<i>Location</i>	<i>Dates for Body Walk</i>
Cole, Boone, Audrain, Montgomery and Gasconade Counties	August 29, 30, 31
Joplin Area	Sept. 5, 6, 7
Jasper, Newton, McDonald, Lawrence & Barry Counties	Sept. 12, 13, 14
Kansas City Area	Sept. 19, 20, 21
Buchanan, Andrew, DeKalb, Clinton, Caldwell, Carroll, Livingston, Daviess, Grundy, Mercer, Harrison, Nodaway, Gentry, Holt, Atchison and Worth Counties	Sept. 26, 27, 28
Kirksville Area-Schuyler, Adair, Macon, Know, Scotland, Randolph, Linn, Putnam, Sullivan and Chariton Counties	Oct. 3, 4, 5 Oct. 10, 11, 12
Hannibal/Mexico Area-Clark, Lewis, Shelby, Monroe, Marion, Ralls and Pike Counties	Oct. 17, 18, 19
Southwest Missouri Area	Oct. 24, 25, 26
Pettis, Saline, Howard, Cooper, Morgan, Camden, Miller and Moniteau Counties	Oct 31 Nov. 1, 2
Springfield	Nov. 7, 8, 9 Nov. 14, 15, 16
Kansas City Area	Nov. 21 Nov. 28, 29, 30
Lafayette, Ray, Clay, Platte, Jackson, Cass and Johnson Counties	Dec. 5, 6, 7
Central Missouri-Jefferson City and Columbia	Jan. 2, 3, 4
Lawrence, Greene and Stone Counties	Jan. 9, 10, 11
Christian, Taney and Webster Counties	Jan. 16, 17, 18
Polk, Dade and Cedar Counties	Jan. 23, 24, 25
Lebanon to Sullivan	Jan. 30, 31 Feb. 1
Dallas, Laclede, Pulaski, Phelps and Camden Counties	Feb. 6, 7, 8
Dent, Texas, Wright, Crawford and Washington Counties	Feb. 13, 14, 15
South Central Area	Feb. 20, 21, 22
Howell, Ozark, Oregon, Shannon and Douglas Counties	Feb. 27, 28 March 1
Southeast Missouri-Iron, St. Francois, Ste. Genevieve, Perry and Madison Counties	March 6, 7, 8
Reynolds, Wayne, Bollinger, Cape Girardeau, Stoddard and Scott Counties	March 13, 14, 15
Mississippi, New Madrid, Pemiscot and Dunklin Counties	March 20, 21, 22
Butler, Ripley and Carter Counties	March 27, 28, 29
St. Charles and St. Louis Area	April 3, 4, 5 April 10, 11, 12
Franklin and Jefferson Counties	April 17, 18, 19
Lincoln and Warren Counties	April 24, 25, 26
St. Charles County	May 1, 2, 3
St. Louis County	May 8, 9, 10
St. Louis City	May 15, 16, 17



Request to Schedule

(Use this form for mail and fax requests only)

School Name: _____ County: _____

Name of School Contact Person: _____

Position/Title of Contact Person: _____

Email Address of Contact Person: _____

School Street Address: _____

City: _____ Zip: _____

Address where Body Walk information should be sent (if different from above):

Street Address: _____

City: _____ Zip: _____

Did Body Walk visit your school during the 2005-2006 school year?

_____ Yes _____ No _____ Don't know

Did you request Body Walk last year and it was not scheduled for your school?

_____ Yes _____ No _____ Don't know

Is this a Team Nutrition School?

_____ Yes _____ No _____ Don't know

Telephone Number of Contact Person (_____) _____

School Telephone Number (if different) (_____) _____

Requested date for Body Walk to come to my school (Refer to Body Walk Schedule.):

(1st choice) _____

(2nd choice) _____

If your 1st or 2nd choice of dates is not available, should we:

Cancel your request for Body Walk? _____

Schedule you for another date? _____

Approximate number of K-4 students who will participate from this school: _____

Will students from other schools participate? _____ Yes _____ No

If so, list name(s) of school and number of participants from each school. _____

(continued on page 8)

Scheduling requests will be accepted until the Body Walk calendar is full.

**MAIL TO: Governor's Council on Physical Fitness & Health
PO Box 570
Jefferson City, MO 65102**

FAX TO: 573-751-6041

EMAIL TO: Fitness@dhss.mo.gov

Questions: 573-751-0915 or Fitness@dhss.mo.gov